

# Exercise Challenge Runs April 9-29

03.30.2012

In an effort to inspire community members in Weatherford and SWOSU students/employees to become more physically active, the 5<sup>th</sup> annual Mayor's Challenge is being held April 9-29.

Everyone is invited to participate in the program that is sponsored by the Walking for Wellness program. Eligible participants will have the opportunity to win one of five \$50 drawings.

Patti Harper, co-chair of the W4W program, said participants will log their miles on the official Mayors Walking Challenge form. Exercise is not limited to walking but may include running, biking, swimming, zumba, etc. Exercise must be for fitness exercise and not part of a work or leisure activity. The completed form must be turned in at selected drop-off sites before May 1.

The link for the Walking Challenge form and rules is:

<http://faculty.swosu.edu/patti.harper/Mayor5thForm.pdf>

For more information about the W4W Program or how to become involved, visit the website <http://www.cityofweatherford.com>, contact the Parks and Recreation Department at 580.774.2450, or send an email to [walkinginfo@swosu.edu](mailto:walkinginfo@swosu.edu). Questions can also be directed to Harper at [patti.harper@swosu.edu](mailto:patti.harper@swosu.edu) or co-chair Vicki Hatton at [vicki.hatton@swosu.edu](mailto:vicki.hatton@swosu.edu).